



# Abundant Life for Everyone Faculty, Staff, Students, Alumni, & the Community

Thursday, June 6 and Friday, June 7, 2013

9 A.M. to 4 P.M.

(8:30 A.M. Registration & Continental Breakfast)

Casual Dress ▪ Lunch is Included

**Ursuline College Fritzsche Center**

**4545 Lander Road, Pepper Pike, Ohio**

Sponsored by Catholic Community Connection, John Carroll University, Notre Dame College, and Ursuline College

Two days of Wellness, Wholeness, and Holiness presented by . . .

- Diane Jedlicka, RN, PhD
- Carol Ann Killoran, SSJTOSF, D.Min.
- Antoinette Horn, M.B.A., LNHA
- Pamela Maidens, M.A., C.P.M.
- Bishop Roger Gries, O.S.B., M. Ed., V.G.
- Richard Fratianne, MD



Experience the Abundant Life program for your own well-being and learn about how you can be an advocate for others in our community.

- Church and Community Groups
- Educational Institutions
- Health and Human Services
- Mental Health Organizations
- Older Adult Services
- Prayer Partnering
- Prison Ministry
- Shelters
- Veteran Groups
- Volunteering
- Shelters
- Workforce Initiatives
- Youth Groups
- Other



*When we understand and appreciate our self as a whole person, we understand and appreciate others this way too!*

*Experience:*

- Human dignity and wholeness
- Dimensions of wellness: physical, psychosocial, and spiritual
- Good communication skills
- Characteristics of healthy relationships
- Wellness practices

**PROGRAM IS FREE BUT REGISTRATION IS REQUIRED**

**RSVP by Wednesday, May 29, 2013 to [sgaughan@sistersofcharityhealth.org](mailto:sgaughan@sistersofcharityhealth.org)**